## ABSTRACT OF THE DISCLOSURE

Disclosed is a method for storing and distributing various articles, according to which the objects are stored on the trays of a rack structure. A suitable extraction system driven by a control and command system is movable in front of said rack structure in such a way that said extraction system is aligned in front of the bay of a tray (O2) carrying the stock of articles corresponding to the selected object so as to remove at least one of said articles. Objects or articles (11) having the same reference are stored adjacent to each other on the upper side (13a) of one or several freely moving continuous conveyor belts (13), said conveyor belt(s) forming the receiving surface for one of the different bays of a storage tray. Said conveyor belts (13) are selectively motorized, causing the articles carried by said conveyor belts (13) to be moved in the direction of a point of removal. Said selective motorization is obtained by operating moving wheels (23) mounted on a mobile extractor (3), which is movable in front of said storage rack and transports the conveyor belt(s) (13) of the bay holding the selected or ordered articles by means of friction in such a way that at least the first one of said articles is transferred to a receiving surface of said extractor.